

# DINNERLY



## Pan-Fried Chicken and Lemon Potatoes with Summer Tomato Salad



30 minutes



2 Servings

Give everyday chicken and roast spuds a Mediterranean makeover. Roast the spuds with lemon wedges to give them a citrusy boost, then team with succulent pan-fried chicken and a refreshing summer salad.



## WHAT WE SEND

- 1 potato
- 1 lemon
- 1 tomato
- 1 Lebanese cucumber
- 1 large free-range chicken breast fillet
- 50g feta <sup>7</sup>

## WHAT YOU NEED

- 2 garlic cloves
- 2 tbs olive oil
- 2 tsp red wine vinegar <sup>17</sup>

## TOOLS

- oven tray
- baking paper
- fine grater
- small frypan

Our veggies come straight from the farm, so please wash them before cooking.

## ALLERGENS

Milk (7), Sulphites (17). May contain traces of other allergens.

## NUTRITION PER SERVING

Energy 515kcal, Fat 26.2g, Carbs 22.7g, Proteins 42.6g



### 1. Prep ingredients

Preheat the oven to 220C. Line an oven tray with baking paper. Cut the **unpeeled potato** into 1cm-thick wedges. Crush or finely chop 2 **garlic cloves**. Finely grate the **lemon** zest, then cut into wedges.



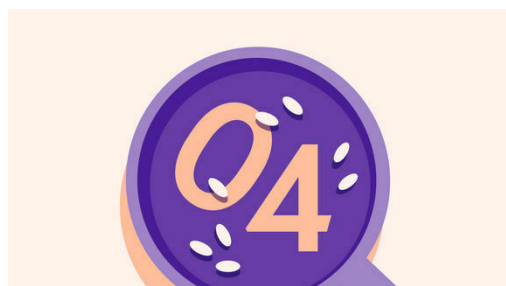
### 2. Roast potato

Put the **potato** and **half the lemon wedges** on the lined tray, drizzle with 2 **tsp olive oil**, season with **salt and pepper** and toss to coat. Roast for 20-22 mins until golden and tender.



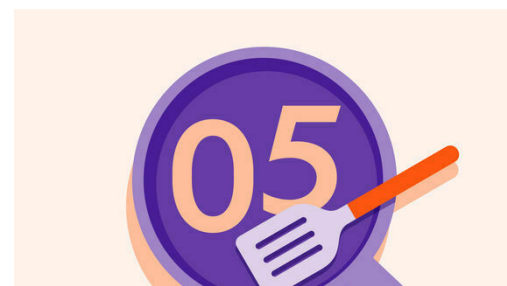
### 3. Marinate chicken

Meanwhile, cut the **tomato** into 2cm chunks. Cut the **cucumber** into 1cm chunks. Put the **chicken breast** flat on a board, put your hand on top and halve horizontally into 2 equal fillets. Put the chicken, **garlic**, **lemon zest** and 2 **tsp olive oil** in a bowl, season with **salt and pepper** and toss to coat (see Make it yours).



### 4. Pan-fry chicken

Heat a small frypan over medium-high heat. Cook the **chicken** for 3-4 mins each side until browned and cooked through. Remove from the pan. Put 1 **tbs olive oil** and 2 **tsp red wine vinegar** in a large bowl, season with **salt and pepper** and whisk to combine.



### 5. Serve up

Add the **tomato** and **cucumber** to the dressing and toss to combine. Crumble over the **feta**. Squeeze the **roasted lemon wedges** over the potato. Divide the **chicken**, **potato** and **salad** among plates. Serve with the **remaining lemon wedges** to squeeze over. Enjoy!



### 6. Make it yours

If you like a touch of sweetness, add 1 tsp honey to the chicken marinade.